

Dietary patterns and depressive symptoms among Iranian women

Maryam Lahouti¹, Roza Zavoshy¹, Mostafa Noroozi¹, Reza Rostami², Maryam Gholamalizadeh³, Bahram Rashidkhani¹ and Saeid Doaei⁴

¹ Department of Nutrition, Children Growth Research Center, Qazvin University of Medical Sciences, Qazvin, Iran

² Department of Psychology and Educational Sciences, University of Tehran, Tehran, Iran

³ Student Research Committee, Cancer Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran

⁴ Research Center of Health and Environment, Guilan University of Medical Sciences, Rasht, Iran

Abstract

We aimed to investigate the association between dietary patterns and depressive symptoms among 217 Iranian women aged 20–45 years. In this study, dietary intake was assessed using a valid and reliable semiquantitative food frequency questionnaire. A principal component analysis was applied to detect the major dietary patterns. The Beck Depression Inventory was used to assess the depressive symptoms. Two major dietary patterns were identified: the “semi-Mediterranean” dietary pattern and the “western” dietary pattern. Participants with the “western” dietary pattern had a higher rate of depressive symptoms ($p < 0.05$). However, the “semi-Mediterranean” dietary pattern had no significant association with the depressive symptoms.

Keywords

depressive symptoms, factor analysis, western diet